

Center: _____

Week-Month-Year: _____

Winter Menu 1 - Meal Pattern Requirements - Older Infants and Pretoddlers

Meals and Snacks	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Older Infants 8 - 12 months	1 - 2 years					
Milk, Fluid	6-8oz breast milk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Cereal, Bread or Alternate	2-4 Tbsp iron-fortified infant cereal	1/2 slice 1/3 oz	Oatmeal Cereal / Cheerios	Cheese Grits	Jack O' Lantern Loaf	Egg and Sausage Burrito Wrap	French Toast Sticks
Fruit or Vegetable	1-4 Tbsp fruit and/or vegetable	1/4 cup	Mandarin Oranges	Diced Apples (can)	Sliced Strawberries	Diced Apricots	Blueberry Sauce Topping (warmed)
LUNCH							
Milk, Fluid	6-8oz breast milk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Meat or Alternate	2-4 Tbsp iron-fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or dry peas, or 1/2 - 2oz cheese or 1-4oz cottage cheese, cheese food or cheese spread	1 oz	Apricot Glazed Chicken	Spaghetti with Meat Sauce	Ham Slices	Turkey a la King (with peas & carrots)	Baked Breaded Cod
Bread or Alternate		1/2 slice	Wheat Dinner Roll		Corn Bread	Biscuits	Wild Rice
Fruit and/or Vegetable (2 servings)	1-4 Tbsp fruit and/or vegetable	1/4 cup	Cream Style Corn Diced Brussels Sprouts	Green Beans	Mashed Sweet Potatoes	Fresh Chopped Steamed Broccoli	Cauliflower Casserole
				Diced Pears	Diced Honeydew	Mandarin Oranges	Cooked Spinach
2:00 PM SNACK Choose 2 of 4 for each snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Apple Juice 100%	Formula / Milk	Formula / Ambrosia Shake (milk, OJ, bananas, strawberries)
Fruit or Vegetable		1/2 cup	Vegetable Frittata	Baked Bananas			
Bread or Alternate	0-1/2 slice bread or	1/2 slice		Cinnamon Toast	Chicken Tenders	Monkey Bread	Breadsticks
Meat or Alternate	0-2 crackers (optional)	1/2 oz					
5:00 PM SNACK Choose 2 of 4 for each snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Grape Juice 100%	Blended Cranberry Juice 100%	Formula / Milk	Formula / Milk	Formula / Milk
Fruit or Vegetable		1/2 cup	Chunky Hawaiian Spread (cream cheese, sour cream, pineapples)		Diced Peaches		
Bread or Alternate	0-1/2 slice bread or 0-2 crackers (optional)	1/2 slice	Pita Bread Wedges	Graham Crackers	Townhouse Crackers	Soft Pretzels	Gingerbread Cookies (homemade)
Meat or Alternate		1/2 oz		Vanilla Yogurt			

Jim Niemczura, Capt, USAF 28 Nov 05
Registered Dietitian
ADA NO 886882

Children birth thru 12 months receive formula
Children 1 thru 2 years receive whole milk
Children 2 years and older receive 2% milk

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Winter Menu 2 - Meal Pattern Requirements - Older Infants and Pretoddlers

Meals and Snacks	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Older Infants 8 - 12 months	1 - 2 years					
Milk, Fluid	6-8oz breast milk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Cereal, Bread or Alternate	2-4 Tbsp iron-fortified infant cereal	1/2 slice 1/3 oz	Rice Cereal / Rice Krispies	Apple Snapple Oatmeal	Scrambled Eggs Wheat Toast	Blueberry Orange Bread	Pancakes
Fruit or Vegetable	1-4 Tbsp fruit and/or vegetable	1/4 cup	Sliced Bananas	Diced Cantaloupe	Diced Honeydew	Shredded Hash Browns	Applesauce Topping (warmed)
LUNCH							
Milk, Fluid	6-8oz breast milk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Meat or Alternate	2-4 Tbsp iron-fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or dry peas, or	1 oz	Turkey Chili	Baked Swedish Meatballs covered with cream of mushroom soup	Red Beans & Ham	Chicken Fajita	Broccoli Quiche
Bread or Alternate	1/2 - 2oz cheese or 1-4oz cottage cheese, cheese food or cheese spread	1/2 slice	Wheat Dinner Roll	Egg Noodles	Dirty Rice	Spinach Tortilla Shell	Croissant
Fruit and/or Vegetable (2 servings)	1-4 Tbsp fruit and/or vegetable	1/4 cup	Peas	Diced Beets	Fresh Steamed Zucchini	Cream Style Corn	Cooked Carrots
			Sliced Strawberries	Mandarin Oranges	Crushed Pineapples	Spiced Apple Rings and Pears	Diced Fruit Salad
2:00 PM SNACK Choose 2 of 4 for each snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Pineapple Juice 100%	Formula / Milk	Blended Cranberry Juice 100%	Formula / Milk
Fruit or Vegetable		1/2 cup	Peach Cobbler	Vegetable Egg Rolls	Pumpkin Pudding	(bananas, mandarin oranges, pineapples, strawberries, vanilla yogurt in ice cream cones)	Salsa
Bread or Alternate	0-1/2 slice bread or 0-2 crackers (optional)	1/2 slice					
Meat or Alternate		1/2 oz					
5:00 PM SNACK Choose 2 of 4 for each snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Apple Juice 100%	Formula / Milk	Grape Juice 100%
Fruit or Vegetable		1/2 cup			Pizza Muffins (English muffins, pizza sauce, mozzarella cheese)	Diced Peaches	
Bread or Alternate	0-1/2 slice bread or 0-2 crackers (optional)	1/2 slice	Wheat Crackers	Cinnamon Toast			Townhouse Crackers
Meat or Alternate		1/2 oz	Pimento Cheese			Cottage Cheese	

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Winter Menu 3 - Meal Pattern Requirements - Older Infants and Pretoddlers

Meals and Snacks	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST	Older Infants 8 - 12 months	1 - 2 years						
Milk, Fluid	6-8oz breast milk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	
Cereal, Bread or Alternate	2-4 Tbsp iron-fortified infant cereal	1/2 slice 1/3 oz	Mixed Cereal / Corn Flakes	Egg McMuffin with Cheese	Apple-Carrot Muffins	Biscuits and Sausage Gravy	Wheat Bagel with Cream Cheese	
Fruit or Vegetable	1-4 Tbsp fruit and/or vegetable	1/4 cup	Sliced Bananas	Mandarin Oranges	Crushed Pineapples	Diced Apricots	Diced Peaches	
LUNCH								
Milk, Fluid	6-8oz breast milk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	
Meat or Alternate	2-4 Tbsp iron-fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or dry peas, or 1/2 - 2oz cheese or 1-4oz cottage cheese, cheese food or cheese spread	1 oz	Marek Chicken (curry)	Beef Stroganoff	Turkey Wrap	Shephard's Pie	Salmon Patties	
Bread or Alternate		1/2 slice	Steamed Rice	Egg Noodles	Tomato Tortilla Shell	French Bread	Texas Toast	
Fruit and/or Vegetable (2 servings)	1-4 Tbsp fruit and/or vegetable	1/4 cup	Stewed Tomatoes	Lima Beans	Oven Fries Lettuce & Tomatoes	Glazed Carrots	Augratin Potatoes	
			Diced Honeydew	Diced Cantaloupe	Mandarin Oranges	Sliced Strawberries	Diced Fruit Salad	
2:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Grape Juice 100%	Formula / Milk	
Fruit or Vegetable		1/2 cup	Potato Bar (steamed broccoli & parmesan cheese)	Hummus Dip		Cheese Nachos with Refried Beans on Corn Tortilla Shells		
Bread or Alternate				1/2 slice	Pita Bread Wedges		Oatmeal Cookies (homemade)	
Meat or Alternate					1/2 oz			
5:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Apple Juice 100%	Formula / Milk	Formula / Milk	Formula / Milk	
Fruit or Vegetable		1/2 cup	Diced Pears (can)	Pepperoni Calzones	Fresh Chopped Steamed Broccoli & Cauliflower Florets	Bananas & Crushed Pineapples mixed with Vanilla Yogurt topped with Graham Cracker Crumbles	Applesauce	
Bread or Alternate					1/2 slice			
Meat or Alternate		1/2 oz						Avocado Ranch Dip

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